Helping Hands Brings Happiness to Those in Need

By Haime Chirran

Archivist Staff Writer

As the past three years here at Bryant, you may have noticed paper hands being sold around the holiday season. For those who are unaware, a hand is a $1 donation, which is raised to benefit children in the local area who are not as fortunate during the holiday season.

This year marks Bryant's 39th Annual Helping Hands event. It will be held this Saturday, December 2.

Various clubs and organizations on campus volunteer their time by putting together arts and crafts for the children to do throughout the afternoon. This along with music and food creates a joyous atmosphere for everyone involved.

Hawk Parkman, Assistant Director of Student Activities is the head coordinator of this event.

Parkman began his involvement with the project here at Bryant just three years ago, but has been implementing the program for the pass twelve years. He started working with Helping Hands in high school, and while attending college at Quinnipiac, started their program on campus. It still continues to this day. Later, while attending Sacred Heart for his Masters, Parkman again implemented the program.

All three Helping Hands organizations are active at this time. In reference to starting up the Helping Hands program at a college level, Parkman commented that it is an entirely different ball game, and the program needs to be specifically adapted to the college atmosphere and life style, thus resulting in a slightly different product than the high school version.

In its first year at Bryant, $4200 was raised and 40 children were invited. Last year, the program raised $3800 and provided for 80 children. This year, about 79 children are expected to attend, and as of Wednesday, December 4th, Helping Hands had reached their goal of raising $3000. The Helping Hands committee is open to all.

Anyone looking to get involved can do so through various organizations on campus. Also, since there are so many children, volunteers are always welcome to come and spend some time with the kids.

By buying just one hand and supporting this cause, makes a tremendous difference in the lives of these children.

Parkman states, "Helping Hands is very special to me. I love working with the kids. It brings me such self-satisfaction. It is hard for me to see children in poverty because they are born into it. They did not have a choice. That is why I like working with the kids."

"The sense of providing the children with such things as coats, sweaters and socks, are some things that many of us take for granted. It really makes a person think about how lucky they are."

The Helping Hands bulletin board located outside of Salamonie Dining Hall currently displays the hands that people have purchased for their annual holiday fundraiser.

This year, Helping Hands met and surpassed their $3,000 goal.

The Multicultural Student Union: A Redefined Organization

By Keith Hanks

Archivist Staff Writer

The Multicultural Student Union has redefined itself this year. They have expanded and acquired the Spanish Club and Pacific Reader as part of the organization.

The new organization maintains the name MSU, but with the additional organizations, MSU can now focus on becoming even more multicultural.

The shift from three organizations to one came when Pacific Reader and Spanish Club each asked for the help of MSU. Before the acquisition, each club had only a few hundred dollars allocated in their budget, compared to MSU's $19,953 budget for the year. "We will still have enough money," says Wayne Hayes, president of MSU, "we really need about $10,000 this year."

The new MSU now has an elected board in addition to Hayes's three Vice Presidents (VP Pacific Reader, VP Latin, VP African American Enterprise). Each exist to oversee the three unique areas of the organization.

MSU is probably best known for their work with organizing Extravaganza Night, which will be held Friday, February 28, 2003 at 7:00 pm. "This event has been the best at Bryant because of the people," according to Wayne Hayes, "Sports teams, regular students and administrators are all welcome and encouraged to be a part of the event."

Extravaganza Night is a major event for this organization, however many may not realize the events that occur on a weekly basis which MSU is a part of. For example, Thursday, December 5, 2002 the International Center held "Men's & Women's Nite Out," which MSU actively participated in.

MSU also annually participates in Helping Hands. These events are all in addition to meetings that are held weekly on Monday's at 3:00 in Nick's Place. Meetings are typically informal and act often as an open forum for a preselected topic in addition to the clubs normal business.

"Interracial Dating" will be the topic for the meeting on December 9th.

Conflict has arisen within MSU this year due to the incorporation of the three organizations. Hayes stated the biggest obstacle this year has been, "Integrating not just between the three organizations, but on campus in general."

Currently with the incorporation of the Pacific Reader and Spanish Club, MSU has to redraft its constitution with the Student Senate. The new constitution should be completed sometime next semester pending.
Delay or Deception Risks War, Bush Warns Iraq

By Diego Harbargn
Knight-Ridder Newspapers

President Bush pointed Monday to a looming Sunday deadline for Iraq to detail its illicit weapons programs, warning that failure to comply would lead to "serious" consequences for the Middle Eastern nation. Any act of delay, deception or defiance will prove that Saddam Hussein has not abandoned his pursuit of weapons of mass destruction and has rejected the path of peace," Bush said at a Pentagon ceremony marking the 15th anniversary of the 1983 Lebanon hostage crisis. "America will confront dangers every day, before our options become limited and desperate.

Meanwhile, U.S. weapons inspectors paid a sixth visit this week to a heavily guarded Karuma missile development plant in Baghdad, a day after a U.N. inspection team, said they had found no evidence that Iraq was cheating.

Foreign students face hurdles

By Linda K. Wertheimer
The Dallas Morning News

America's move to shut the airport on student visas after Sept. 11 has created a brain drain unforeseen by those who hoped to tap foreign students to help stem the tide of scientific research. Now, businesspeople, graduate school deans and officials from national science academies are warning that hundreds of foreign students recruited to work on projects in such vital fields as physics, math and petroleum engineering were kept out of the country because they couldn't get visas.

Some gave up and went to other countries instead.

"Basically, some research projects are dying," said George Michael Kunkel, the executive director of the University of Texas at Dallas, who is reviewing the status of 4,000 researchers this fall. "A third of doctoral students he admitted, "...think they'll go to school instead of work on them."

There is no national count of how many students are missing from graduate schools, but academic officials say the numbers are lower.

"Hopefully, university officials will come up with a way to speed up visa applications," said Michael D. Panaggio, the chairman of the Department of Physics at the University of California, San Francisco. "We have to have some kind of security. Nobody is suggesting to throw open the borders to anybody who wants to come."

The government also needs to give its offices more specific instructions on what to do, Panaggio said. "We are going to have to make sure there's a balance between ensuring national security and protecting ourselves," Panaggio said. "But we have to have some kind of reasonable security." A State Department spokesman said the denial rate for visas has gone up for all categories, not just for students. During the past two months ending Sept. 30, 64 percent of all visa applications were denied, up from 23 percent in the previous year, said Stanford University of the U.S. Bureau of Consular Affairs.

"We're worried about the concerns from the scientific community," he said, "and we are looking at how we can accomplish our national security responsibilities, and at the same time, improve the visa process so there won't be any delays."

The affected students, mostly from China, Russia and the Middle East, were denied admittance to the United States for a variety of reasons, including "security concerns" and "student visa abuse."

The State Department, which handles student visas, issued fewer visas last month. A spokesman said that the department had been forced to halt visa processing because of the recent terrorist attacks.

"There was a concern that students would go to work on the day of the attack," said the spokesman. "There is no national count of how many students are missing from graduate schools, but academic officials say the numbers are lower.

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Foundations For Learning

By Eb Mills-Robertson

What is FFL? The idea to develop a freshmen support program has been under construction for the past six years and just manifested itself this fall semester on the Bryant campus as Foundations for Learning.

It has gone through several forms over the past few years and is different from the Freshmen Success Program of previous years.

Students are taught study strategies like taking notes and study skills. The concept is to make students incorporate these into their learning behaviors.

Why the FFL program? According to Dr. Laurie Hazard, Director of Academic Center for Excellence (ACE) as well as the co-author of the textbook "Foundations for Learning," used for the course, there is a disconnect between high school study and college study.

As such, there is need to bridge the gap in order for freshmen to succeed academically at the college level. Thus, first-year students are expected to become self-directed, independent learners.

"There is a disconnect between high school studying and college studying."

- Dr. Laurie Hazard

Currently, the system is a pass-fail course but is being considered by the curriculum committee as a competency course in the immediate future. The program consists of 27 professors who go through weekly training in order to teach the course.

According to Hazard, the success of the program is going to be measured by the comparison of grades of different classes. The GPA of students who had taken FFL, would be then compared to classes of students who had never taken the course.

This would surely give faculty a sense of a general improvement, which could be attributed to FFL.

Many ACE tutors believe that this would be an enormous help to their work. Tutors can now concentrate on tutoring instead of teaching study skills. However, first-year students are not terribly pleased with the idea of FFL. This is because some believe it takes more than a semester to change learning behavior.

Others feel that FFL was just a repetition of studying techniques that they already had acquired. At the moment, it is totally based on academics.

However, the program has the potential to develop and incorporate offices on campus like counseling services. This is because there are a lot more than just study skills, which affect academics and a student's success in the college environment.

For More Information from the ACS, contact Richard Bento: Richard.Bento@cancer.org

Relay For Life will be held Saturday April 12th, 2003

Festival of Lights

The 26th annual Festival of Lights was held Wednesday night December 4th. Each year the Bryant community comes together for an evening of celebrating different religions and holiday celebrations. Held in the Rotunda, the Festival of Lights is concluded with the lighting of the Holiday Tree outside the Bryant Center.

Jendel Veyssche Andre McGlashan lights candles to honor the African-American Celebration of Kwanzaa.

Bryant Singers Holiday Concert

Saturday December 7, 2002

Grand Hall of the Bella Center

3pm

Selections from Les Misérables, choral classics, holiday selections and a sing along of carols and holiday pop tunes

Admission is Free!!

Special Olympics

Rhode Island

Now Hiring

Game Director, Assistant Director
Competition Chair, Committee Chair

Applications Available in Senate Office
Phone: 854-3800

Applicants will be contacted for an interview at the Senate Office after

Senate Office is located at the 3rd floor of the Bryant Center

For more information contact North Banks

[phone number]

Games are held annually on Bryant Campus.

This year's games will be held on
Editor's Comments: Time Passes Too Quickly

Looking back over the semester, it seems that time has flown by, if not faster than the speed of light. Where has the time gone?

Maybe it is the fact that I will be a senior come Spring, that makes me realize the time has gone by. But I feel that this semester has come and gone too quickly, even as the summer moved along.

Now to those of you who may not be as hyper aware of the clock as I am, this may not be the case, but for myself and many others, it is very hard to believe that that month has already passed, let alone that this month is halfway through. Even though time is flying by, I feel as though it is wise for me to start planning for my future. There are many options available to me and I feel that it is important to have a game plan as to what I want to do next year.

Thus far, this semester has been filled with interesting and fun assignments and classes. However, there are still many more assignments and tests to complete. It is important for me to stay organized and on top of my work. I have been doing well thus far, but I need to continue to work hard in order to achieve my goals.

As the semester comes to an end, I am excited to think about the future and what I want to do. I am looking forward to the summer and all that it has to offer. I am hoping to take advantage of all the opportunities available to me and make the most of my time. I am also looking forward to spending time with my family and friends.

Overall, I am looking forward to the future and what it has to offer. I am excited to see where life takes me and I am ready to take on any challenges that come my way.

The Economics of Having a Girlfriend: Boyfriend’s Dilemma

By Tom Fischetti

Prisoner’s Dilemma, in addition to providing a terse introduction to game theory, exemplifies the moral implica-
tions that cease from the deci-
sions we make.

Derived from this application, Boyfriend’s Dilemma explores how the boyfriend should responsibly approach the internal conflict created when the female exercises her own freedom.

However, before the criterion that must be applied to arrive at a practical solution can be revealed, this unfortu-
nately typical situation must be further explained.

Boyfriend’s Dilemma manifests itself for the male, prior to engaging in any private display of affection.

Immediately before this fulfilling exercise is initiated, the girl-
friend innocently requests for the boyfriend to divulge a sig-
nificant piece of information regarding one of his close friends.

Typically, the female is either seeking the confirmation of a circumscribed or attempting to procure some exclusive insight into a peculiar behavior of her male companion.

Despite her explained intentions and promises not to reveal her newfound acquired intelligence, however, this piece of information will typically be disseminated throughout her internal friend network and consequently require some extensive apologizing to your friend or your own dying couple.

Boyfriend’s Dilemma, as you have hopefully guessed by now, is whether or not the male should exploit his friend so that he may further express his own intimacy of awareness of his girlfriend, or protect his friend’s reputation throughout the inquiry and subsequently suffer the unfortunate and inconvenient consequence significant alone time with the hateful literate understand her mate’s tooth and/or erotic media pervading cyberspace.

Compliance the male to struggle with his mental propensity to participate in any “privately” stimulating activity and his loyalty to his friend, when Boyfriend’s Dilemma emerges, the decision made may entail life-altering implications.

Considering the severity of this situation, how should the male approach uncovering his girlfriend in the most economically responsible manner?

By providing his girlfriend with the requested information, the male risks severing the emotional fabric of the relation-
ship with his friend; conversely, by refusing to disclose this information, the male ensures himself of an extended non-physical relationship.

The most significant consequence of his decision when confronted with Boyfriend’s Dilemma, then, is the amount of effort required to “patch things up” with the affected party subsequent to the revelation.

Consequently, at a decision, the boyfriend would be wise not to ignore the amount of utility that would be forgone and congratulate the amount of effort that would have to be employed in remedying the ensuing situation from each decision.

Employing this maxim, the boyfriend should choose the option that requires the least amount of effort to remedy. Example has been included below to more facilely display how this decision criteria can arrive at the appropriate decision.

Example 1: Andrew, conflicted with Boyfriend’s Dilemma, has decided that by disclosing the information requested by his girlfriend about his friend Jeff, Jeff would most likely cease to converse with him.

Additionally, Andrew concludes that the only gesture capable of restoring theirFriend-
ship would be New York Giants
tickets.

Andrew’s girlfriend, on the other hand, would initially be stunned at his disobedience, but would ultimately return to her normal temperament the next day as long as Andrew complements her on that occasion she bought him. Considering this, Andrew should withhold the information and deal with his girlfriend as opposed to Jeff.

I would like to take this opportunity to wish all my read-
ers the best of luck with their final examinations and look forward to the future Boyfriend Dilemmas. Furthermore, although I’ve decided on the topics I will be exploring next semester, if there is any area that you feel deserve attention, please feel free to e-mail me at Jeff@archway.edu. I would be more than willing to accommo-
date your requests.

SURVEY: ONLY 13% OF AMERICAN YOUTH can IDENTIFY IRAQ on a MAP...

SADDAM BETTER WATCH OUT OR WE'LL COME ON A GAS 'N GO TO THE MIDDLE EAST!!!

DUDE, SCAFE IT NEXT TO BRAZIL?... IF WE ONLY KNEW WHERE IRAQ WAS...
Volleyball Finishes Season Strong
Women Reach NCAA Tournament Four Years Running

By Chris Ludwiczak
Army ROTC Sports Editor

Volleyball had another amazing season this year, as they once again earned their way into the NCAA Division II tournament for the fourth straight year.

The experienced seniors and five juniors led the Bulldogs. One returning sophomore and three talented freshmen complete their roster. One returner and Coach Garlay had high expectations for her girls coming into the season. With the majority of players being upperclassmen, most of the team had been in the position before and were ready to take it up a notch; so they did; they led the Bulldogs to a great run in the NCAA tournament, making it all the way to the sweet sixteen and finishing ever for the program," explained Garlay.

Bryant could have possibly gone even further in the tournament, but the Bulldogs' hitters had not been battling several injuries. Despite their difficulties, Garlay feels that "the girls really banded back and came through." Three of the freshmen played the outside hitter position, which is fundamental to the team's success. Sophomore Carola Per MSM was a key contributor on defense.

Bryant had several individuals recognized for their performance this past season. Junior setter Brittany Beckett was named setter of the year for the conference. All-Conference First Team and All-Region.

Freshman Michelle Muniz, was conference freshman of the year, All-Conference First Team, region freshmen of the year and All-Region as well. The last three seasons were the glue of our team," stated Garlay. Coach Garlay had the following to say about her graduating seniors: "Stacie Alkomin, Northeast 10 Player of the Year, All-Conference First Team and All-Region selection has been a dominating personality on our team along with Sarah Smith. Second Team All-Conference and Kelly Beach, Academic All-Conference. The three of them have made such a difference to our team and the Bryant community. All are strong academically as well. I couldn't be prouder of them."

Bryant finished with a record of 10-12. Their season ended Thanksgiving week, when the Bulldogs fell to the New Haven Chargers in the second round of the tournament. Reflecting on the season, Garlay realized that the girls "never really focused on individual accomplishments this year, just on the team's success. The result was that many personal goals were reached by a group effort.

The National Field Hockey Coaches Association has announced that junior Elizabeth Gunn has been selected to the first team. STX/NFHCA Division II All -America Selection Junior from the All-American Selections.

Campus club scene

Karate

The Karate club has had a great first semester this year. The first day practiced a self-defense demonstration to the girls plugging Greek Life. The club showed them from basic self-defense that they could use if they ever got into trouble.

The school has held our traditional demo in the Rotunda during Parents and Family weekend. The club showed friends and family all the things that they have learned through out their years of training. We displayed many different skills such as fighting techniques, self-defense and breaking boards.

The club has also competed in six tournaments all over New Jersey and has shown a lot of success. The club has done very well, walking away with victories in almost all divisions and breaking almost thirty threes so far.

The most important tournament attended was the Karate Nationals in Seckson, Maryland. In the National Championship, Karate Robotech took 2nd place in 18-29 Men's and 18-29 Women's.

More importantly, Amy Arapu took first place in 18-29 Women's 105lb. Fighting and became the Karate national champion in her division. The results for all of our tournaments can be found on our website.

We encourage anyone interested in the club to check out our website and get in touch with us. We will once again be accepting new students upon returning from winter break to look out for our flyers and come join one of the most enjoyable and competitive teams on Bryant campus.

By Michael Lowry '06

Bowling

The men's and women's bowling team are very competitive and are very busy during the school year. We held our traditional demo in the Rotunda during Parents and Family weekend. The club showed friends and family all the things that they have learned through out their years of training. We displayed many different skills such as fighting techniques, self-defense and breaking boards.

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Alternative Spring Break
Back to Washington!

MARCH 9-14, 2003
APPLICATIONS NOW AVAILABLE!

There will be an information session at 4 PM on Tuesday, Dec. 10 in the Heritage Room (first floor of the Bryant Center). This is a great opportunity to find out more about this year’s trip!

Applications can be picked up in the Office of Student Activities

Sponsored by: Campus Ministries and the Office of Student Activities

Variety

Your Guide to Local Music

Area Concerts, Dec. 6th - Jan. 31st 2003

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<td>Coffee Depot</td>
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<tr>
<td>December 24th</td>
<td></td>
<td>Providence Perf. Arts Center</td>
</tr>
<tr>
<td>Wednesday</td>
<td>SR-71</td>
<td>AS520</td>
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<tr>
<td>December 26th</td>
<td>MC Paul Barman</td>
<td>Salt’s</td>
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<td>Wednesday</td>
<td>Worstwind Heat</td>
<td>Providence Perf. Arts Center</td>
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<tr>
<td>December 28th</td>
<td>Rocky Choice Band</td>
<td>First Night - Providence</td>
</tr>
<tr>
<td>Thursday</td>
<td>Nick 37</td>
<td>Lupo’s Heartbreak Hotel</td>
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<tr>
<td>December 29th</td>
<td>The Rapture</td>
<td>Met Cafe</td>
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<tr>
<td>Friday</td>
<td>Chris Robinson</td>
<td>Met Cafe</td>
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<tr>
<td>December 31st</td>
<td>Armor For Sleep</td>
<td>Dankin Donuts Civic Center</td>
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<tr>
<td>Friday</td>
<td>Count The Stars</td>
<td>Dankin Donuts Civic Center</td>
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<td>December 31st</td>
<td>Cheryl Wheeler</td>
<td>Lupo’s Heartbreak Hotel</td>
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<tr>
<td>Saturday</td>
<td>Charlotte Church</td>
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<td>December 31st</td>
<td>Christopher Plumier</td>
<td>Met Cafe</td>
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<tr>
<td>Saturday</td>
<td>Julie Andrews</td>
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<td>December 31st</td>
<td>Minfis</td>
<td>Met Cafe</td>
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<td>Sunday</td>
<td>River City Rebels</td>
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<td>December 31st</td>
<td>Antibalas Afrobeat Orchestra</td>
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<td>Sunday</td>
<td>Los Straightjackets</td>
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<td>December 31st</td>
<td>Los Straightjackets</td>
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<tr>
<td>Thursday</td>
<td>Destiny's Child</td>
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<td>December 31st</td>
<td>Shaggy</td>
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<td>Friday</td>
<td>Uncle Kracker</td>
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<td></td>
<td>Met Cafe</td>
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<td>Friday</td>
<td>Becky Chain Band</td>
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<tr>
<td>December 31st</td>
<td>Kenny Rogers</td>
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<tr>
<td>Friday</td>
<td>Tanaka</td>
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<td>December 31st</td>
<td>Roomful of Blues</td>
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<td>Saturday</td>
<td>Trans-Siberian Orchestra - East</td>
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<td>Becky Chain Band</td>
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<tr>
<td>Saturday</td>
<td>The Strip</td>
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<td>December 31st</td>
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<td>Met Cafe</td>
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<td>Sunday</td>
<td>The Duke Robillard Band</td>
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<td>December 31st</td>
<td>Psychodelic Breakfast</td>
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<td>Sunday</td>
<td>Malissa Ferrick</td>
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<td>December 31st</td>
<td>Vance Gilbert</td>
<td>Met Cafe</td>
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<tr>
<td>Saturday</td>
<td>Wolfpac</td>
<td>Met Cafe</td>
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<tr>
<td>January 1st</td>
<td>Luther Wright &amp; The Wranglers</td>
<td>Met Cafe</td>
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Note: Bold Type Denotes Performance at Bryant College

Students Fill Military Science and Leadership Ranks

By Bryan D. Romley, C.P.R. RA Scholarship and Enrollment Officer

The Patriot Army Reserve Officer Training Corps Battalion is proud to boast one of its largest contingents of Bryant College students in battalion history.

This year 25 students from Bryant College, 22% of the cadet battalion, are participating in Military Science & Leadership courses led by senior: Dana Scott, Blake Eitty, T.J. Naylor, and Minerva Rodriguez. In addition to these sessions, several students, to include freshmen Nick Stepling and Peter Sepitak have earned their first and two-year Army ROTC Scholarships to help defray tuition, lab, and book costs.

The alumni officers of Providence College, Patriot Battalion cadet major, Major Sam Houston travels to Bryant College weekly to teach Military Science 101 & 102.

In another effort to reduce travel time between the two schools for students, Major Houston and senior cadets also held Wednesday morning physical training sessions on the Bryant campus.

Major Houston creates the role in the Bryant ranks to targeted recruiting and retention efforts, as well as, a broad base of support from the Bryant staff and faculty.

October at Fort Devens, Massachusetts against 29 other New England schools. Team members competed in events ranging from land navigation to the Army Physical Fitness Test and 10K road march. The Rangers had a livestock showing and placed in the top 10 overall. Reserve Officer Training Corps team was first offered at Bryant College in 1982 and since then has been a component of the Patriot Battalion.

Bryant Cadets at the Battalion’s Fall Field Training Exercise conducted 04-05 October at Stone’s Ranch Military Reservation, CT.

Bryant cadets Dana Scott, Stephen Neve, and John Boyle, members of the battalion’s Ranger Challenge Team, coached by Major Houston, recently competed 18-20.
Archway Profile: Father Joe Pescatello

By Shana Geer
Archway Staff Writer

What is your role on campus? The Catholic Chaplain, which is being a pastor of the parish.

Why did you come to Bryant? I was appointed to the Bishop of Providence. I was sent here because I have a Masters in Higher Education, I am received and welcomed by the Bryant Community.

Favorite thing about Bryant? My favorite thing about working at Bryant is the excitement of working with the students, and the quality and the energy that they have. It's exciting responding to the challenges, inquiries, and questions the students have regarding faith and religion.

Who/what inspires you? In a nut shell, making a difference and giving back, especially motivated by my faith and Jesus. What is key to me is looking through my life story and realizing that significant people have inspired me. For example, my parents, grandparents, and a good friend of mine who is a missionary in Jamaica. He inspired me to look at my life and realize how important it is to help people. My father and my grandmother have also greatly inspired me. My father was a person of great integrity and faith, and my grandmother practically raised me. She taught me family values, appreciation for heritage and culture. She's also a great cook. Overall, I was very close with both of them.

What do you like to do in your spare time? I like to read professional journals, history novels, and biographies. I also work out regularly. I believe I have been running for 30 years now. I used to like to landscape because I found relaxation in that. In the summer, I love to go to the beach.

Do you feel that you have given anything up in your profession? Not really. Becoming appointed is not giving up, it is making a choice. I made the choice not to have my own family. So for me, my career and my mission was to do something I have always loved to do.

What is your most prized possession? The cross around my neck. My grandmother's friend went to Italy and brought it back to me. It symbolizes my faith. My grandmother, it is a necklace that has sentimental value to me, and I have had it for over 30 years now.

Do you have any regrets? Not really. Just mistakes that I have made earlier in my life. If I would have known what I know now. I would have been more confident. I try to take positive risks.

Listening to Bari Koral

By Christian Collard
Archway Staff

Upon first listen, one could compare Bari Koral to female folk artists such as Jewel, Joan Osborne, Lisa Loeb, or Ani DiFranco, however, there is a lot that sets Koral apart from the other aforementioned singer/songwriters.

Koral grew up in New York City as an "off-broadway theater" brat and the roots to her musical career would spring from these teenage experiences. However, music drifted out of focus for a while and she never pursued music again until the end of her college career.

She dazed off her guitar which had found its way under her bed for 3 years and the next day she started strumming away again, she realized that being a musical performer was what she wanted to pursue as a career.

Ever since, Koral has been doing her thing, recording two independent releases and selling over 3,000 albums.

Somewhere in the grand scheme of things, Koral would find herself driving down Route 7 to perform for us here at Bryant College, and what a treat it was.

Those in attendance were captivated by both her musical gems and her charming about called "Perfect" as well as another relationship with a high school sweetheart, resulting in the song "When I'm Gone."

To listen to MP3's or get more information, check out www.barikoral.com

A Season Guide to Entertainment in Rhode Island

A Christmas Carol

Trinity Repertory will be holding its 28th production of Charles Dickens' A Christmas Carol. The show will be running Nov. 16th through Dec. 28th in the Chace Theater. This is a can't miss event - a classic story with Trinity's great personal touch.

Trans-Siberian Orchestra

The Providence Performing Arts Center will host the world-renowned Trans-Siberian Orchestra on December 30th. The event promises to put you into the holiday spirit with festive music.

Festival of Lights

The Village transforms into a winter wonderland with dazzling lights, decorated shops and festive activities.

Located at the Wickford Village in North Kingstown, the event will run from December 5th through the 26th.

Christmas at Smith-Appleby House

On December 8th, an old fashioned Christmas will be celebrated in this historic 17th-century farmhouse.

Located on Sillwater Road in Smithfield, the event provides a festive display of a Colonial Christmas.

First Night Providence 2003

Providence is going to be the place to be on New Year's Eve. The city will be filled with different types of musical, theatre, and dance performances, Waterfire, and art exhibits.

In addition, the New Year will be brought in by a grand fireworks show.

Where did you go for Thanksgiving?

Compiled By Farah Mhling, Archway Staff

Every Issue, The Archway asks students a question, and displays selected answers. If you are curious about what students may think regarding a certain topic, let us know! You can email suggestions to The Archway at archway@bryant.edu or give us a call at ext. 8020.

Marie Werzel

"With my boyfriend Ryan to Fairfield, CT."

Eugene Gillespie

"To NJ with immediate family."

Mauricia Lopez

"Massachusetts with family."

John Hartshorn

"Massachusetts to my aunt's house."

Next Issue of The Archway Hits Newsstands on Friday January 31st!

Deadline for Submissions is Monday January 27th by 5pm.
Meet the Archway Staff...

You may have been reading The Archway all semester, wondering just who are these people writing stories, taking pictures, and putting the newspaper together. Well, since this is the final edition this semester, we thought this would be a good opportunity for us to introduce ourselves to you.

There is always room for more staff members too! If you are interested in joining The Archway, stop into the office or email us at archway@bryant.edu.

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Hometown</th>
<th>Major</th>
<th>Year</th>
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<tbody>
<tr>
<td>Maggie Grace</td>
<td>Editor-In-Chief</td>
<td>Shrewsbury, RI</td>
<td>Major Management</td>
<td>'03</td>
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<tr>
<td>Tom Fischetti</td>
<td>Staff Columnist</td>
<td>Milford, CT</td>
<td>Major: Finance &amp; Economics</td>
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<tr>
<td>Chris Ludwikcz</td>
<td>Sports Editor</td>
<td>New Canaan, CT</td>
<td>Major: Marketing</td>
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<tr>
<td>Farai Mbigi</td>
<td>Staff Writer</td>
<td>Boca Raton, FL</td>
<td>Major: Marketing &amp; Comms</td>
<td>Class '03</td>
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<tr>
<td>Jen Ptaschnik</td>
<td>Photo Editor</td>
<td>Mansfield, MA</td>
<td>Major: Fine Services</td>
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<tr>
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<td>Elaine Chrzan</td>
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<td>Donnie Parker</td>
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<tr>
<td>Tim Watt</td>
<td>Staff Writer</td>
<td>Manchester, CT</td>
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How to Get a Good Night’s Sleep

By Betty Cotter
Director of Health Services

- Why You Need Sleep
  - Sleep restores the person psychologically.
  - Deep sleep restores the body.
  - Sleep is necessary for learning.
  - During sleep, the pituitary gland releases growth hormone, production and utilization of hormone needed for endocrine function.
  - Sleep affects the blood pressure, respiratory function and the heart.
  - During times of stress the body requires more deep sleep and less dream sleep.
  - Sleep deprivation affects the immune system’s natural killer cells and white blood cells.

- How to Get Good Night's Sleep
  - Avoid medications that make you alert (e.g., Sedoridin).
  - Avoid caffeine and spicy foods later in the day.
  - Go to bed at approximately the same time each night and get up at approximately the same time each morning.
  - Relax before going to bed.
  - Don’t go to bed hungry or overly full.
  - Tuna and milk are helpful in inducing sleep.
  - Keep the room cool, dark and quiet.
  - Alcohol and tobacco disturb sleeping patterns.
  - Exercise earlier in the day and not right before bedtime.
  - Seek professional help if you continue to have difficulty sleeping.

Senator and Sedexho present: The Midnight Breakfast

Dec. 12
10 - 12:30 AM
Salmanson

Faculty & Staff: Please come join in the fun with the Student Senate in serving the Bryant students. If you would like to help, please RSVP to glr1@bryant.edu